

An Academic-Practice Partnership to Advance Million Hearts®

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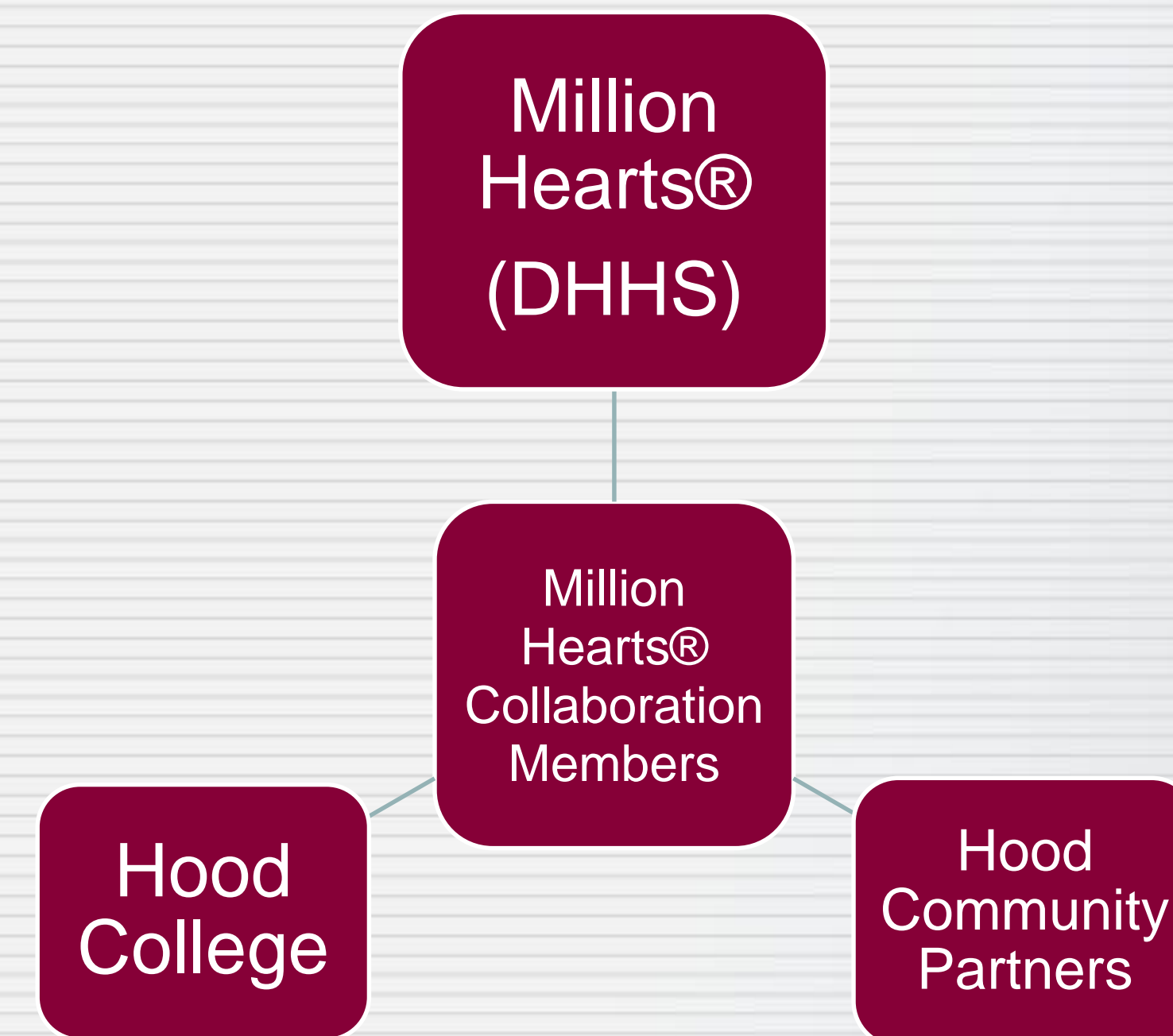
Background

- More than **1.5 million** people in the U.S. suffer from heart attacks and strokes.
- More than **800,000** deaths per year in the U.S. from cardiovascular disease (CVD).
- CVD costs the U.S. **hundreds of billions** of dollars per year.
- CVD is the greatest contributor to racial **disparities in life expectancy**.



Methods

- **Students** completed the OSU Million Hearts® Fellow Modules, participated in creating campus wellness initiative & served as research assistants.
- **Participants** received Million Hearts® screening, free home monitor and coaching from nursing students.
- **Measures:** pre- & post BP, lifestyle satisfaction scores & PSS-4 scores.



Results: Hood Campus (N = 30 as of 12/31/18)				
Measure	Tool	Pre-mean	Post-mean	Sig
Systolic BP	Omron 5 Series Blood Pressure Monitor	125.33	122.2	0.103
Diastolic BP	Omron 5 Series Blood Pressure Monitor	80.93	80.77	0.000
Lifestyle focus area 1	Model for Healthy Blood Pressure (Cooper & Zimmerman, 2016)	3.93	7.03	0.000
Lifestyle focus area 2	Model for Healthy Blood Pressure (Cooper & Zimmerman, 2016)	4.77	6.03	0.021
PSS-4 scores	OSU Million Hearts® toolkit	5.90	4.47	0.014

Outcomes

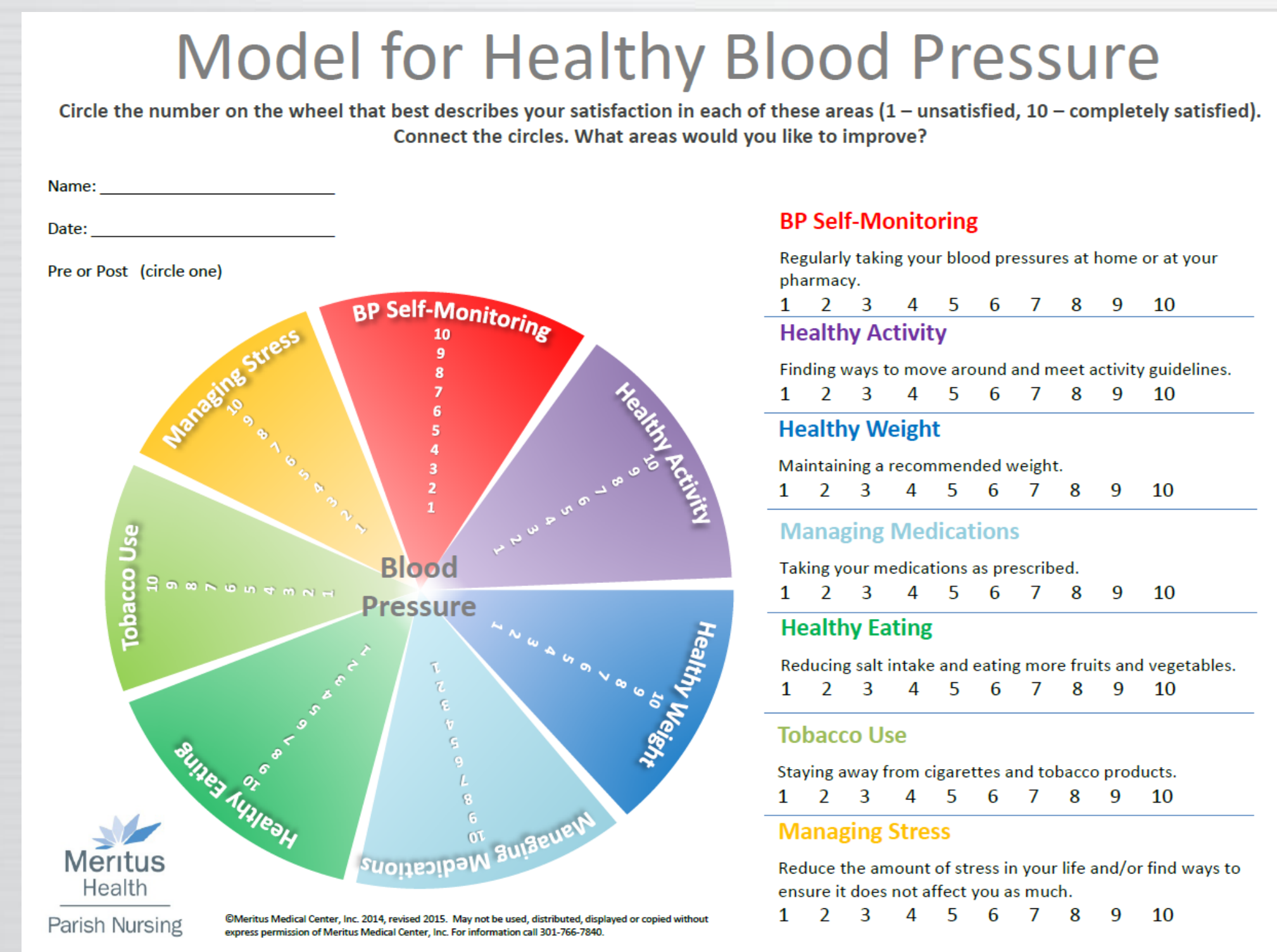
- **Students:** increases knowledge of prevention and Million Hearts®
- **Participants:** learn about their numbers, how to use BP monitor & how to improve lifestyle focus areas.
- **Hood College:** Began a, campus-wide wellness focus & joined OSUs National Interprofessional Education and Practice Consortium to Advance Million Hearts®
- **Community:** Advances goals of partners (Local Health Dept & YMCA)

Results

- 30 participants as of 12/31/18; 12 currently enrolled
- Analysis showed a statistically significant improvement comparing pre- to post-intervention in **diastolic blood pressure, lifestyle focus area scores, and perceived stress (PSS-4) scores**.

Million Hearts® Aims & Priorities

- Million Hearts® aims to prevent 1 million or more heart attacks and strokes in 5 years.
- Co-led by Centers for Disease Control and Prevention (CDC) & Centers for Medicare & Medicaid Services (CMS).
- Partners across federal and state agencies and private organizations to advance the aims.
- Priorities: keeping people healthy & optimizing care (ABCS).



References

- Benjamin, E.J., Blaha, M.J., Chiuve, S.E., Cushman, M., Das, S.R., Deo, R., et al. (2017). Heart Disease and Stroke Statistics—2017 Update: A report from the American Heart Association. *Circulation*, 135 (10) 146–603.
- Kochanek, K.D., Arias, E., Anderson, R.N. (2013). How did cause of death contribute to racial differences in life expectancy in the United States in 2010? NCHS data brief, no. 125. Hyattsville, MD: National Center for Health Statistics. 2013.

Results: Hood Community Partners

Dates	# of screening locations	#of community members screened	# of free monitors given
Dec 2018	4	15	3
Feb 2019	5	56	4
March 2019	3	62	6
TOTALS	11	133	13